

# BALANCE

April 2024 NEWSLETTER

## HAILEY ANDERSON



## PLAYER OF THE MONTH

**Congrats to Hailey from 13 White! After speaking to her coaches, they said that Hailey is always one of the most positive players on the team! She is always eager to learn and works extremely hard at every practice to improve!**

**This persistence paid off for her on the last and most important day of the World Challenge. The 1st 2 days of the event, Hailey was competing for playing time and only was playing 1 set a match as a middle. When the tournament championship was on the line, the coaches increased her playing time because she constantly was communicating on and off the court and keeping her energy high.**

In the championship match, the team was down 2-7 in set 3, and it was easy to feel that the match was over and they were going to lose. The team was down, but not Hailey, she took it upon herself to carry the team when they needed her most. A huge swipe block, and then a big kill and finally an incredible athletic save to score a point changed the momentum of the match. Her play ignited the team's play and they all rallied to come back and win the World Challenge!!!! Congrats Hailey!

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### TOP TEAM PERFORMANCE

Balance 13 White

### CHAMPIONS OF JVA World Challenge

13 White grabbed their 2nd tournament win of the season in Kentucky. Winning this 3 day event was quite an accomplishment because this tournament is well known as being one of the strongest and largest events in the country.

With this win, JVA will pay their entry fee (\$895) to Nationals!





## NEWCOMER TO BALANCE

 *Katelyn Marcelain- Grayslake Central*

*18 White - OH*



**How long have you played volleyball?** I've been playing volleyball since 2016, so about 8 years and it had started all with park district volleyball while doing summer camps through the school, and started club in 7th grade.

**How is Balance different from where you came from?** Balance definitely has pushed me more than ever in the way that you can do most things you just have to try and that may take going out of your comfort zone and that's something that has been very different from anything else

**Why did you choose Balance?** I chose Balance because of the great things I had heard from people. Whenever we had scrimaged them or played them they always had a great attitude. The main reason I chose Balance was because I was able to play two sports that I love at the same time, and having coaches cooperate with that.

**What are you looking forward to this season?** This season I'm looking forward to keep building relationships with my teammates and looking forward to how well we can play in big tournaments

**What other sports do you play?** I currently play volleyball, basketball, and track & field. In the past when i was younger i played flag football for 8 years and cheer for about 2 years

**What kind of teammate are you?** I believe I am the kind of teammate that tries to pick others up and try my best to not get down on myself or other people.

**What are you most nervous about in regards to starting at a new club?** Starting a new club I had known a few people going into it so I was pretty excited but when I got put onto a different team I was nervous about not knowing any of my teammates and nervous for the new environment and the many changes that would come.

**What do you hope volleyball will do for you in the future?**  
I hope in the future that volleyball continues to bring me the same amount of joy and excitement I get stepping into the gym or onto the court and continues to be my safe zone.





**Next season is right around the corner!!!**

**Here is what you need to know!!!**

- 1. Some players will be offered a PRE-COMMIT. These will be emailed to families within 2 weeks after the end of their season. The PRE-COMMIT offer reserves your daughters place in the club and they DO NOT need to attend try-outs.**
- 2. If you decide NOT accept the PRE-COMMIT, you are welcome to attend try-outs in July.**
- 3. Some players will NOT be offered a PRE-COMMIT, but it does not mean that we would not accept them back into the club, it just means that we need to see them at try-outs before we make a final decision.**

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Flashback photo- COACH ABBY SCHEBEL 13 White

2015 Balance KettleBell training



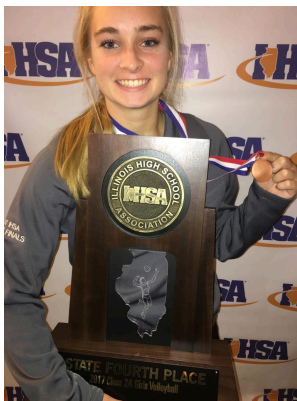


## FAVORITE PIC OF THE MONTH

Balance coaches supporting other teams is something that makes us special!!



## MEET ONE OF OUR BALANCE COACHES



**HANNAH GRIFFITH**  
15 BLACK-Co-Head Coach

**Growing up.....** In my household, playing any sport was a must. My parents greatly value discipline and hardwork. I am thankful they made me do sports, conditioning, fitness camps, etc. because it has shaped my character to handle real life situations. Sports allowed me to find my passion for nutrition and fitness and because of sports, I am becoming a

registered dietitian.

**In college...** Aurora was the Libero at Valdosta State University

**What is your other job?** During the day, Aurora works as a paraprofessional at Crystal Lake South High School.

**What is your favorite part of coaching ...** I love coaching players individually by their position. It gives me a chance to slow things down and teach technique step by step. I find it very rewarding in return





**What is your philosophy in regards to coaching.....** You can't teach skill without discipline

**What is your real job during the day.....** I am currently in a full-time internship for becoming a registered dietitian. I am visiting various types of sites such as community, clinical, diabetes, and integrative health.

**As an ex-volleyball player, what advice do you have for our players.....** Don't waste your time thinking about how you are playing individually every practice/game. Focus on enjoying every moment in feeling alive when you and your team have the opportunity to do something great. Also... get off your phone when you're with your team. Phones are around a lifetime, volleyball is not.

**When you are coaching, what characteristics are your favorite that players demonstrate?** I like to focus on three standards everyone on the team should follow: communicate, move your feet, and most importantly respect one another. These have nothing to do with skill but everything to do with being coachable and making huge improvements in a season.



**What are your least favorite qualities that players demonstrate to coach?** It upsets me when a player is not able to adapt to all three standards. If a player is not able to demonstrate the 3 standards, I believe they are not going to make it far in becoming the best player they can be.



**When you are not coaching or working, what are you passionate about?**

I love traveling, eating and making good food, and being anywhere in nature to escape the reality of Illinois.

**The hardest part of coaching.....**Working around a full time internship and sacrificing my weekends can be exhausting at times. I find it difficult at times to coach team chemistry and work with our strengths in a lineup versus coaching individual players.

**At the end of a season, what do you hope your players reflect on in regards to you as their coach and their season?** I would hope for them to see that

the opportunity to play, practice, or condition is a privilege not a burden. You have the opportunity to grow as a person not just in volleyball but in all areas of life.

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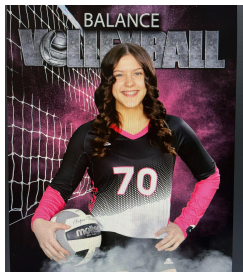
## MEET A BALANCE PLAYER.....

### **Adelynn Woods**- Nippersink- 14 WHITE

How old were you when you started playing at Balance?

I was 12 when I started at Balance on White team.

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Why did you choose Balance?

My cousins, Grace Jansen and Claire Jansen both played for balance. They always had good things to say about the training and their teammates. They had experience with other clubs, but always said Balance was the best. My cousin Grace Jansen is a setter on 18U. I've always liked to watch her play. I look up to her and appreciate her opinion. Most of my friends went to other volleyball clubs, but I'm so glad I trusted my cousins and chose Balance!

What was your first great memory of being part of the club?

My first great memory of balance was the rockin rockford tournament when we were all hanging out in the balance room having fun!

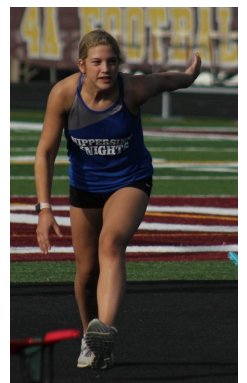
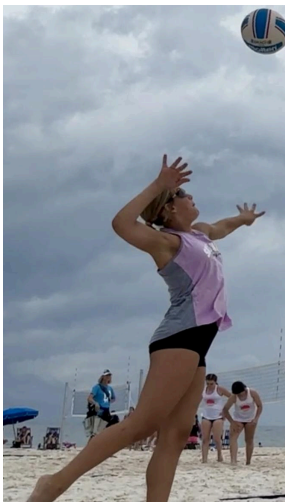
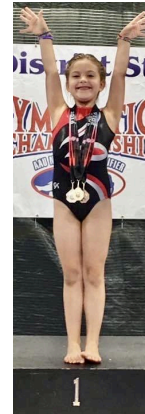
Did a Balance coach make an impact on you as a person or a player?

Yes, Coach Annie has really made an impact on how I play. She has helped my defense and serve receive for the better!

What is one of your favorite things about being a member of this club?

One of my favorite things about being a member of balance are how encouraging and helpful the coaches are. I also love all my teammates. We always have so much fun together and I love playing with them!

What are your volleyball goals?



Some of my volleyball goals include hopefully one day going to college for either indoor or beach volleyball and to just get better and work hard.

**What other activities are you involved in?**

I like to do as much as possible. I was a competitive gymnast and tumbler for many years. I've also played basketball, golf and track. I'm currently still doing tumbling and track. I also play beach volleyball.

**When you are not playing volleyball what do you enjoy?**

Doing anything really, I love to try new things, and I wish there was more time in the day for more activities. I like to hang out with my friends and travel with friends and family.

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**WANT TO PLAY BEACH THIS SUMMER? REGISTER TODAY!!!**

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**Time to register!**

Location- SideOuts, Island, Lake, IL  
Start Date- June 24th  
End Date- August 5th

**BALANCE**  
**BEACH**

**Practice Days & Times**  
Mondays/Wednesdays  
9-11AM

Email [balancevolleyball@gmail.com](mailto:balancevolleyball@gmail.com) if you have questions!!

**REGISTER @balancevolleyball.com**